



I AM WORRIED ABOUT MY MENTAL WELLBEING – WHAT DO I DO?

A GUIDE FOR YOUTH

YOU ARE NOT ALONE

If you are concerned with your mental health, it is important that you not try to handle it on your own. Let an adult you trust know about it so you can get help. You may be feeling overwhelmed; take a break and don't be hard on yourself. Your mental wellbeing is important, and challenges are never your fault or something to be ashamed of.

WHO CAN YOU ASK FOR HELP?

- Parents/Caregivers
- Your Doctor
- Your school guidance counselor, teacher, nurse, coach, etc.
- A trusted friend's parent
- A trusted adult in your life
- A friend/peer support who is able to help support you as you reach out to an adult

WHEN TO ASK FOR HELP

As soon as you feel like you are struggling, it is best to ask for help. **Always** ask for help when your difficulties with your feelings/emotions, thinking or behaviors:

- Are too intense or cause too much distress
- Interfere with daily life, causing difficulties sleeping, eating, concentrating, working, enjoying things, or hanging out with friends
- Lead you to withdraw from relationships
- Are accompanied by other problems like misuse of alcohol or drugs, thoughts of self-harm or aggressive behaviors
- Lead you to dangerous behaviors or risky decisions

HELPFUL THOUGHTS/IDEAS

- Don't rely completely on your friends. Friendships can fail and leave you feeling lost and alone.
- If the first adult you go to doesn't respond in a helpful way, don't be afraid to go to another adult.
- Don't stop until you have found help.
- You do not deserve to struggle alone.
- It will be okay.
- There is help out there.
- Asking for help shows you are strong.
- There is nothing wrong with having a mental health challenge.
- These are not feelings/emotions you can just "get over."
- You are worth it!

WHAT TO SAY TO THE ADULT?

Tell the adult what you have done to try to help yourself and explain you are still struggling

- Ask if they can support you getting extra help
- Ask if they will help you find supports
- If they are unable to help you, talk to another family member, a school counselor or other adult at school, or your doctor
- Know that if you are 14 or older, you are able to access mental health supports on your own.

HELPFUL RESOURCES

- Maine Crisis Line: 1-888-568-1112 to access this service, available 24/7 (call, text, chat)
- Teen Text Line: (207) 515-TEXT
- Warmline: 1-866-771-9276 24/7
- The Trevor Line for LGBTQ+: 1-866-488-7386 ([online chat here](#) or text TREVOR to 1-202-304-1200)
- [Youth Homeless Services](#)



Created by members of the State of Maine System of Care Youth Steering Committee

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